

Celebrity Buzz

Ex-nanny dishes on Kate's attitude

pg 18



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Sports

pg 10

Moosehead blueline about to get help?



Two new flu cases identified in N.S.

FLU Two more mild cases of influenza A (H1N1), also known as swine flu, were reported in the province yesterday.

That brings the total in Nova Scotia to 68 since the outbreak began April 26. All of the cases reported have been mild.

The two new cases were identified during a re-test and are related to the original cluster at the Windsor-based King's-Edgehill school. Both individuals have fully recovered.

These are the first new cases of swine flu reported this week in the province.

METRO HALIFAX

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Halifax and Canada. This is also a Call to Action for you to send us your suggestions at halifaxletters@metronews.ca, metronews.ca or on Twitter @metrohalifax.

- On metronews.ca
- Share your SunnySide thoughts on Twitter using #sunnyside
- See what other Metro readers are doing and saying about SunnySide
- Enter for a chance to win a Sony Blu-ray player Today
- Halifax concert organizer giving free tickets to local firefighters, pg 4
- Andrea Woo on relationships, pg 6
- Economic optimism, pg 8



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Maybe I'm amazed

Paul McCartney will make Halifax his lone Canadian tour stop in '09

KRISTEN LIPSCOMBE
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The mere mention of Sir Paul McCartney sent music fans into a frenzy yesterday, when promoters officially announced the living legend would be sending all his loving to Halifax, the only Canadian stop on his summer tour.

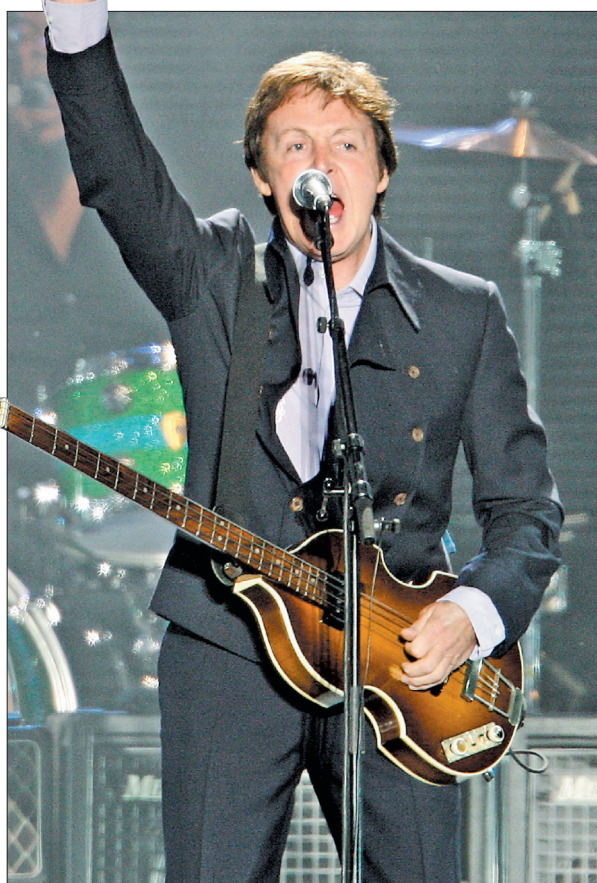
"We boldly announced that our Kiss show would be the largest event ever held on the Halifax Common," Harold MacKay, president of Power Promotional Events, told a packed press conference at the World Trade and Convention Centre. "I'm here today to tell you that we were a little bit premature."

Although the outdoor Kiss concert July 18 is reason to rock, MacKay called the McCartney concert, which will take place a week earlier, "the largest and most exciting concert" ever to hit Halifax. He'll bring almost as many pyrotechnics to the Common stage as Gene Simmons, MacKay said.

MacKay hopes 60,000 people will fill the Commons for the July 11 show featuring the former Beatle, named "the greatest rock and roll artist of all time" by Rolling Stone magazine.

"This show, together with the Kiss show ... and the Tall Ships Festival beginning the same week is going to make Halifax the place to be," he said.

Rumours about the British icon leaning toward Halifax have been circulating for a while, but Metro Halifax first reported last week the concert this summer was pretty much set. Promoters confirmed the provincial government is pitching in \$300,000 to put on the show, while HRM is providing \$150,000. But officials wouldn't say how much they're paying Sir



Sir Paul McCartney is pictured performing last month at The Joint inside the Hard Rock Hotel and Casino in Las Vegas, Nev. It was officially announced yesterday McCartney will be performing a show at the Halifax Common July 11.

Paul, only the price tag for facilities is more than \$2 million.

Scott Ferguson of Trade Centre Ltd. said it should "bring in the \$12- to \$15-million range in direct spending," adding it will benefit "beyond the dollars and cents."

HRM 'concert capital' of Maritimes: Kelly

MUSIC Mayor Peter Kelly called Halifax Regional Municipality "Atlantic Canada's concert capital" yesterday, potentially refuelling a friendly rivalry between Nova Scotia and New Brunswick.

Halifax is hosting some huge acts this summer, including the two Halifax Rock concerts featuring Paul McCartney and Kiss. But that's not all.

There's also the Virgin Festival featuring The Tragically Hip and The Offspring July 4 and the Canadian Forces Halifax Rock Fest Aug. 2, which includes Chickenfoot and Our Lady Peace. The Multicultural Festival's Supershow is at Dartmouth's Alderney Landing on June 26, with Paula Cole headlining. In total, the mayor said, there will be 22 special events across HRM this summer. But Moncton offers up some stiff competition, with Bon Jovi hitting Magnetic Hill June 27 and AC/DC playing at the same venue Aug. 6. Promoter Harold MacKay said he's not overly worried about facing off against Moncton for music fans and money.

"We think the entertainment value for your dollar is pretty incredible," he said. "Hopefully people can find the resources to attend the (shows) that they want to see."

KRISTEN LIPSCOMBE/METRO HALIFAX



Peter Kelly

Get your tickets here

- Early bird tickets for Paul McCartney go on sale next Friday at \$125 each. There will be between 5,000 and 6,000 VIP tickets available at \$305 each. Tickets

will be available at the Ticket Atlantic box office, at select Atlantic Superstores, by calling 451-1221 or online at ticketatlantic.com.

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The Fall River Vision Implementation Committee and HRM will host an open house and design workshop about the Fall River Centre and its future. It will take place at the Old Fall River Recreation Centre Friday from 10 a.m. to 7 p.m. and Saturday 10 a.m. to 5 p.m. **METRO HALIFAX**

Local



The Baroness cometh

Canadian songstress Sarah Slean is performing back-to-back intimate shows at the Sonic Temple on Hollis Street in Halifax June 27 and 28 at 8 p.m. Her solo show will include songs from her 2009 JUNO-nominated album *The Baroness*. Tickets go on sale Friday and are \$35 in advance and \$40 day of show. Tickets are available at all Ticketpro outlets. **METRO HALIFAX**

New ER a labour of love

KRISTEN LIPSCOMBE
for Metro Halifax

The emotions involved in opening Nova Scotia's new emergency department are "not unlike those of parents celebrating the birth of a new baby," deputy health minister Cheryl Doiron said yesterday.

The \$20.4-million "baby" at the Halifax Infirmary site of the Queen Elizabeth II Health Sciences Centre was revealed yesterday, with many major donors in attendance, including relatives of the late Charles Keating. The Dartmouth businessman's family donated \$2.1 million toward the facility, which was christened the Charles V. Keating Emergency and Trauma Centre.

"He made it his life's work to give back to the people of this province," son Gregg Keating said in the new triage area, where his father's name is etched on the wall. "Some of his final words to me were 'Gregg, keep giving, we need a better hospital.'"



Dr. John Ross, head of emergency medicine for Capital Health, lets out a whoop of excitement yesterday in celebration of the new emergency and trauma centre at the QEII hospital in Halifax.

Dr. Sam Campbell, chief of the QEII's emergency department, said patients can wait between six and eight hours for treatment on a busy day, but "we're hoping that you'll at least be seen ... within an hour" under the new system.

Premier Rodney MacDonald was there for the fanfare surrounding the opening, pointing out the Tory government dedicated \$17 million for "one of

the best health-care teaching facilities in the country and the largest emergency health centre in Atlantic Canada."

MacDonald said the specialized trauma rooms, extra ambulance bays and state-of-the-art equipment greatly enhance the QEII. "It will increase privacy and comfort for patients, provide infectious disease control (and) improve working conditions."

But after the announcement he came under fire from reporters, who asked if he was politicizing a positive event during an election campaign. "As Premier of Nova Scotia, I was here to do the groundbreaking," MacDonald said. "This is about patients. It's about people."

Capital Health representatives say patients will begin transferring to the centre overnight June 23.

Liberals set to unveil campaign platform

PAUL MCLEOD
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The Nova Scotia Liberals will put all of their cards on the table today.

They had been the last party to release an election platform, but will do that this morning.

Both of the other parties have taken heat for their plans so far.

The NDP released its platform early last week and were berated by other parties who called it flimsy and unrealistic.

The Tories still plan to release an official platform, but much of it was revealed in their short-lived spring budget last month. That was criticized for being in deficit, though the government fell before it could be debated.

Liberal Leader Stephen McNeil said yesterday he isn't worried about taking heat with his platform.

"I've been coming out

with policy positions all along," he said.

"There's been plenty of criticism about us, but we've continued to run a positive campaign."

The Liberal platform is likely to be quite different than the other two parties. McNeil strongly criticized the NDP for reintroducing



Stephen
McNeil

what he called the Tory budget with minor changes. He also said the NDP plan to have a balanced budget while meeting

their promises was impossible and unrealistic.

But yesterday McNeil held off on details of how and when his platform would balance the books.

"It'll be a very balanced approach, and will be costed over a four-year period," he said.

Dexter slams MacDonald, stands by ER promise

PAUL MCLEOD
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NDP Leader Darrell Dexter said his goal is to have every emergency room in the province open 24-7.

That won't be easy, however, considering Nova Scotia's endemic problem with rural ER closures. The issue has been used frequently as a weapon by

Dexter in the election campaign.

Yesterday as Premier Rodney MacDonald was on hand at the unveiling of a new trauma centre in Halifax, Dexter dismissed it as a political stunt.

"I just think it is so ironic that he wants to take credit for an ER opening when he was nowhere to be found when ERs were closing," he said at a morn-

ing news conference.

Reporters then asked if it's accurate to say every ER will be open 24-7 under an NDP government.

"It will be accurate to say that I accept the responsibility to make sure that those ERs are open," he said.

Dexter said the money for rural doctors is budgeted, they just need incentives to go there.

The Tories accused Dexter of back peddling and fudging his words after he used the word "try" when talking about keeping ERs open in Tuesday's election debate.

Liberal Leader Stephen McNeil said yesterday he believes all ERs can be permanently open, but the NDP can't afford to balance it with all their other promises.

News in brief

TRURO Nova Scotians are looking for change in the upcoming provincial election, says Liberal MP Scott Brison.

"Everywhere I go I am sensing the winds of change," the Kings-Hants MP said this week during a stop in Truro to campaign with local candidate Bob Hagell. "After 10 years people want a change in government and there's a lingering doubt around the NDP as well. There is an opportunity for Stephen McNeil to emerge strongly in what is a three-way race."

TRURO DAILY NEWS

metronews.ca

What's online today.

Video Accused murderer in Tori Stafford case draws a crowd outside court at metronews.ca/canada

Blogs Kenya Hunt tips readers off to a "spectacular" interview with French Vogue editor Carine Roitfeld

Lotteries

Lotto 6/49: 4, 22, 26, 29, 39 & 48. Bonus 31. These results are not official.

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Sacred Heart student competes online

Lucas Tai-MacArthur from Halifax is one of two students representing Nova Scotia at today's Great Canadian Geography Challenge online. **METRO HALIFAX**

local 3

'Golden age of sail'

Esmeralda sampling of summer's tall ships fest

GEOFF DAVIES
for Metro Halifax



If you're around Pier 21 this week, expect a little taste of what the upcoming tall ships festival in Halifax will be like this summer.

The Esmeralda, a Chilean Navy training vessel, will be docked in Halifax Harbour until Saturday, when it heads to Boston, the next stop on its five-month trip along the coast of the Americas.

Colin MacLean, head of the Waterfront Development Corp., was on-hand to give the Esmeralda an official welcome yesterday morning. MacLean's company is running the 2009 Tall Ships Nova Scotia Festival, which will be held in Halifax July 16 to 20 and see between 40 and 50 ships visiting the city.

MacLean says events like the Esmeralda's visit and the tall ships festival is about "Halifax being part of an international community."

As for people coming to see them, MacLean says they'll "get a sense of what the golden age of sail was like, when our waterfront was filled with these types of vessels."

The Esmeralda's pristine white hull is almost as long as two hockey rinks. According to Lieut. Alexander Lemay, one of the ship's officers, it takes a full crew about 30 minutes to hoist all of its 37 sails.

New graduates from Chile's naval academy have been training on the tall ship since 1954. According to Lemay, there are currently about 150 trainees on board.

A look at the Esmeralda's history shows the ship



Sailors on the Chilean tall ship Esmeralda climb the mast for a demonstration at the Tall Ships Quay yesterday. The ship is open to the public today and tomorrow from 1 p.m. to 6 p.m. Admission is free.

has some blood on its hull. During the 1970s, when General Pinochet seized control of Chile, over a 100 people were detained and tortured onboard the Esmeralda.

The ship was also the site of the high-profile murder of Miguel Woodward, a

British-Chilean priest.

The Esmeralda is moored near the intersection of Morris and Lower Water Street the next three days. Those interested in taking a look onboard can do so today and tomorrow from 1 p.m. to 6 p.m., free of charge.

Write-in ballots a voting option

Few Nova Scotians vote by write-in ballot, but the option is available in the upcoming provincial election.

Elections Nova Scotia's website says 2,980 electors voted by write-in ballot in the 2006 general election, compared to 2,782 in 2003.

Dana Doiron, a spokesperson for Elections Nova Scotia, said the number represents less than one per cent of ballots cast, compared to federal elections, where the number may be closer to six per cent.

Doiron suggested until electronic voting becomes a reality in Nova Scotia,

Deadlines

- Elections Nova Scotia has set write-in ballot deadlines of May 27 in person, May 30 by mail and June 6 by agent on each date by 8 p.m.

which will happen eventually, the popularity of write-in ballots will probably increase.

Doiron notes every qualified elector in the upcoming June 9 election may vote by write-in ballot although they first have to apply using a form available at returning offices, by mail from

Elections Nova Scotia or by download from the Elections Nova Scotia website at electionsnovascotia.ns.ca.

Doiron said write-in ballots have typically been used by members of the Canadian Forces who are serving somewhere away from their home constituency.

He suggested write-in ballots might also appeal to people working out west, but still eligible to vote in a Nova Scotia election.

Voters who want to cast write-in ballots can also appoint an agent who can pick up and deliver a voting kit.

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Nova Scotia is strong for its laws in protecting animals, according to a new report released by the Animal Legal Defence Fund. The report did a comparative analysis of animal protection laws in Canada and gave Nova Scotia highest marks along with B.C., Ontario and Manitoba. **METRO HALIFAX**

Tattoo hits the big 3-0

Don't take 30-year-old event for granted, director says

GEOFF DAVIES
for Metro Halifax

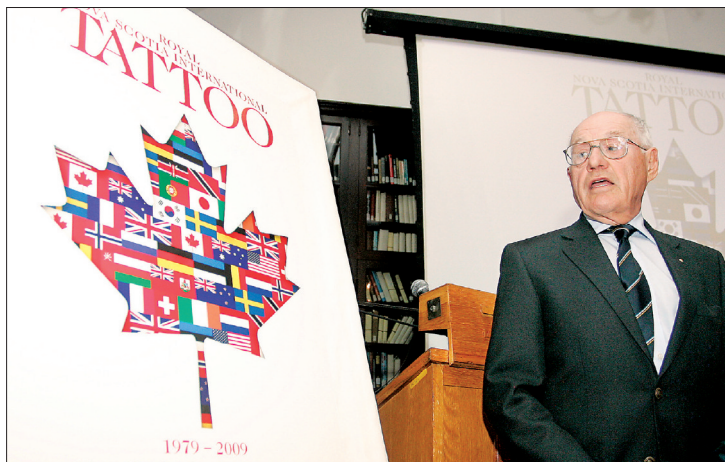
The Royal Nova Scotia International Tattoo is preparing to launch its 30th anniversary season in July, but the show's artistic director said this popular event faces some unique challenges this year.

"We've been going for 30 years and so there is a tendency to take us for granted," Ian Fraser said yesterday at a media launch event.

That's a mistake, he added, because not only is the Tattoo completely different every year, but it also brings "an incredible amount of money" to the province.

A Tattoo press release said tourists who came to see the show in 2008 brought almost \$53 million to the province.

Fraser is confident in the success of this year's show, even though the Tattoo is facing the challenges of an economic recession and new passport regulations at the U.S. border. Ticket sales are going just as fast as last year, he said, and drawing new audiences remains one



Ian Fraser, artistic director for the Royal Nova Scotia International Tattoo, unveils the poster for this year's show during a press conference yesterday at the Cambridge Military Library.

of their priorities.

"Frankly, if we don't draw tourists to this province, it makes no sense for the provincial government to give us any money," he said.

This year's Tattoo will run at the Halifax Metro Centre from July 1 to 8. It will feature around 2,000 performers from nine different countries.

Audiences can look for-

Tattoo info

• For more information on the Royal Nova Scotia International Tattoo, visit nstatattoo.ca.

ward to seeing a fife and drum band from Massachusetts, the Tattoo's first American performers in over a decade. Other highlights include a police mo-

torcycle team from Germany, an Abba-inspired fire brigade band from Sweden, and a new competition in which teams race to take apart and reassemble a jeep.

Honouring the troops currently in Afghanistan is also a priority as audience members at the July 3 performance are asked to wear red to the show, as a show of support.

Firefighters get free tickets to rock fest

Sunny Side

PHILIP CROUCHER
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CONCERT Canadian Forces Halifax Rock Fest organizers are saying thanks to the firefighters who battled the recent wildfire in the Spryfield area with free tickets to their show at Citadel Hill Aug. 2 during Natal Day weekend.

Organizers have donated 100 free tickets to the firefighters who battled the blaze that lasted over two days and destroyed eight homes.

"We just wanted to say thank you to the firefighters for what they did during the recent Herring Cove fire, and what they

do throughout the year," Frank Cleysen said in a release.

Cleysen is the Canadian Forces Halifax Personnel Support Programs Manager and event manager for Rock Fest.

This first-ever event for Halifax features an impressive lineup, with international stars Chickenfoot joining Our Lady Peace, Finger 11 and Halifax's Sloan as headliners.

Deployed troops from the region will be able to watch the show through Canadian Forces Television.

Early bird tickets are on sale now at all Ticketpro locations until May 31. They run \$65 each or \$240 for a family of four. After that, individual tickets will cost \$75.

Exports facing a steep drop, experts claim

ECONOMY The province's exports will drop by 20 per cent in 2009 before rising moderately next year, according to Export Development Canada.

The EDC released its findings of a provincial export outlook yesterday and said the significant drop in Nova Scotia will be followed by a two per cent increase in 2010.

"Nova Scotia's exports will be driven down by a weaker demand for luxury fishery products, a decreasing supply of natural gas and production cutbacks in the tire and newsprint initiatives," Peter Hall, chief economist of EDC, said in a release. "More

22.2 Across the country, Export Development Canada says Canadian exports are forecast to drop by 22.2 per cent this year before rebounding in 2010.

than three quarters of Nova Scotia's exports are destined for the U.S., so the recession that is fully entrenched there now will hit Nova Scotia's export sector hard."

EDC expects fisheries' exports to fall by 21 per cent this year and energy exports to fall by 47 per cent.

METRO HALIFAX

News in brief

CRIME Two men were charged with trafficking narcotics after Halifax Regional Police say they found a quantity of marijuana, ecstasy and money in a vehicle during a traffic stop Tuesday night. Police say they pulled over a vehicle that was being driven erratically and they subsequently found the drugs.

METRO HALIFAX

Avoid South Street over the next two weeks

CLOSURE A section of South Street in Halifax will be closed to vehicle traffic for close to two weeks starting today because of the installation of a natural gas steel pipeline.

Heritage Gas, in conjunction with its contractor R.B. Sommerville, is installing the pipeline be-

tween Robie Street and the Victoria General power plant, which the pipeline is providing service for.

The installation is expected to run until June 1. South Street from Robie Street to Wellington Street will be closed to vehicle traffic during this

time.

Emergency vehicles and local traffic to parking areas will be maintained, a release by the Halifax Regional Municipality said yesterday. Metro Transit buses will detour to University Avenue during the closure.

METRO HALIFAX

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Mars may once have been wet

Mars, right, may have once been both cold and wet, researchers said yesterday, suggesting a freezing Martian landscape could still have produced water needed to sustain life. **REUTERS**



Canada/World



Michael Thomas C.S. Rafferty, 28, one of two people charged with the disappearance of eight-year-old Victoria Stafford, is led away from the Woodstock, Ont., courthouse yesterday. Rafferty was charged with kidnapping and first-degree murder, while Terri-Lynne McClintic, 18, was charged with kidnapping and being an accessory after the fact.

Irish priests abused children, report says

Priests beat and raped children during decades of abuse in Catholic-run institutions in Ireland, a report said yesterday.

The Commission to Inquire into Child Abuse, established by the government in 2000, blasted successive generations of priests, nuns and Brothers for beating, starving and, in some cases raping children in Ireland's network of industrial and reformatory schools between the 1930s and 1990s.

"A climate of fear, created by pervasive, excessive and arbitrary punishment, permeated most of the institutions and all those run for boys," the report said.

"Children lived with the

"Children lived with the daily terror of not knowing where their next beating was coming from."

Excerpt from Irish commission report

daily terror of not knowing where the next beating was coming from."

The five-volume report, published after a nine-year investigation into institutions now closed down, also slammed the Irish Department of Education for its deferential attitude to the religious orders and its failure to stop the abuse.

The Commission inter-

viewed 1,090 men and women who were housed in 216 institutions including children's homes, hospitals and schools.

Tom Sweeney, who spent five years at industrial schools including two years at one where the report said sexual abuse was a "chronic problem," said the Artane Industrial School continued to haunt its former residents.

"Anybody that came into Artane did not come out a happy person and unfortunately there are a lot of people that have committed suicide, there are a lot of people that have ended up in hospitals and they have been forgotten about."

REUTERS

Police search for Stafford's body

CRIME While a murder charge was being levelled in her hometown, the search for Tori Stafford's remains moved yesterday to an area north of Guelph, Ont.

"The most important mission we have yet to accomplish is to reunite Victoria with her loved ones," Oxford Community Police Service Chief Ron Fraser told an afternoon news conference in Woodstock.

The Ontario Provincial Police would offer no comment on the search or what information led officers to this picturesque rural area 80 kilometres from the spot

where Stafford was abducted.

To aid in that search, the OPP brought in a helicopter, which spent yesterday scanning a sparsely populated swath covering hundreds of square kilometres around Rockwood, Eramosa and Fergus.

"We are still looking for evidence that will bring us to the final resting place of Tori," OPP Det.-Insp. Bill Renton said.

Tuesday night, Michael Thomas C.S. Rafferty, 28, and Terri-Lynne McClintic, 18, of Woodstock, were arrested. They appeared at the courthouse in handcuffs yesterday.

Rafferty was charged with first-degree murder and abduction, while McClintic was charged with abduction and being an accessory after the fact.

Renton said yesterday McClintic "may have been familiar with" Tori's mother, Tara McDonald.

According to court documents, Tori was killed in Woodstock "on or about" April 8, the day she was last seen in public.

The accessory to murder charge against McClintic relates to helping Rafferty "on or about" April 8 escape from the city, according to documents.

TORSTAR NEWS SERVICE

Attacks threatening girls' education

AFGHANISTAN After years of progress, girls' education in Afghanistan has been set back by recent attacks on schools that have frightened parents into keeping their daughters at home, a UN official said yesterday.

Daniel Toole, South Asia director for UNICEF, said families are becoming fearful about educating their daughters as the Taliban insurgency gathers strength.

"What we are starting to see is that families are indeed afraid to send their girls to school," he said, little more than a week after

two gas attacks at schools north of Kabul put nearly 150 students in hospital.

Girls' education was probably worse now than a year ago, Toole said, reversing a trend of improvements over the last few years.

"In general, the situation is so much better than three or four years ago, that we have to recognize that," he said, adding that around 1.7 million girls were enrolled at school.

The Taliban banned girls' education when in power from 1996-2001, and in recent years militants linked

Need for learning

• At present, only 18 per cent of Afghan women can read and write, putting even basic tasks like shopping out of the reach of some because they cannot tell banknotes apart.

to the hardline Islamists have destroyed schools and attacked students.

UNICEF now asks communities to contribute money or labour to school construction, which cuts costs and encourages parents to protect the building.

REUTERS

News in brief

BAGS The plastics industry is warning consumers that reusable fabric grocery bags can create a health risk because they can become contaminated with fungus and bacteria if not properly washed. **TORSTAR NEWS SERVICE**

OLYMPICS Organizers of the 2010 Winter Olympics in Vancouver are taking the mellow approach to suggestions their planned Olympic torch looks like a marijuana cigarette. "We're not worried about it at all," Dave Cobb, the executive vice-president of the Vancouver Organizing Committee (VANOC) told reporters yesterday. **REUTERS**

Federal government narrows aid focus

FOREIGN AID The Canadian International Development Agency unveiled a new strategy for humanitarian assistance yesterday that involves trying to do more for the world by doing a little less.

"Being too diffused and thinly spread out without the needed critical mass, our money had little impact," International Cooperation Minister Bev Oda said in a speech at the Munk Centre for International Studies yesterday.

CIDA will now focus its multilateral program funding — which accounts for about 47 per cent of its annual aid budget — on three core themes: Food security, economic growth and the future of children and youth.

CIDA spent \$2.8 billion on development aid in fiscal 2005-06, which accounted for 78 per cent of what the federal government spent on international aid that year.

TORSTAR NEWS SERVICE

News in brief

FLU Mexico City's mayor wants to deploy pop stars Bono and Shakira to help put the Mexican capital back on the map as a tourist destination after the outbreak of Influenza A (H1N1), also known as swine flu, scared away visitors. Marcelo Ebrard said he has written to the U2 frontman, the Colombian singer and billionaire philanthropist Bill Gates to ask them to endorse a publicity campaign to restore the city's image. The epidemic emptied Mexico City's normally chaotic streets for days on end, and the city is still haunted by images of face masks and shuttered bars and restaurants.

TALIBAN Pakistani soldiers have captured a main Taliban stronghold in a district 100 kilometres from Islamabad in heavy fighting in which 80 militants were killed, the military said yesterday. Fighting in the Swat valley and the neighbouring districts of Buner and Dir has forced about 1.5 million people from their homes in addition to about 550,000 people displaced earlier.

MISSILE Iran has successfully launched a missile with a range of 2,000 to 3,000 kilometres and a configuration that appears consistent with its Ashura models, a U.S. defence official said yesterday. But the official, who spoke on

condition of anonymity, said the Pentagon had yet to analyze technical data that would provide clues to the missile's flight trajectory and target.

IRAQ A parked car bomb ripped through a poor Shiite area of northwest Baghdad yesterday, killing 35 people and wounding 72 others near a popular restaurant, police said.

PLOT Four men were arrested yesterday in a suspected plot to bomb a synagogue and Jewish community centre in New York and to shoot at military planes with stinger missiles, U.S. officials said.

REUTERS

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Comment & Views

Comment

Savour the little things you find in life

Relating

Andrea Woo



metronews.ca/woo

May long weekend on Vancouver's English Bay Beach: The temperature has finally clawed its way into the 20s

and the booming bass from a passing party boat is travelling across the water toward the shore, where Vancouverites have crawled cautiously out of their home and office confines to soak up the long-anticipated sun.

Watching couples intertwined on the grass or weave through the crowd on tandem bikes, it is easy to forget about the recession, job uncertainty and all the other doom and gloom that has so effectively crippled

SunnySide



pled our spirits for months. And, really, that's how it should be.

While it may feel reflexive to want to punch a hole through the face of anyone who tells you to cheer up during these tough times, it's also true stressing over things beyond your control does no good for anyone.

This is not to trivialize the very real hardships many are currently facing. Lay-

On the web

For more views on relating, go to Love Bytes at metronews.ca/blog

offs, foreclosures, growing debt — these are not things easily surmounted with a cup of gelato on a sunny day.

But once a person has done all they can to move forth, continuing to stew only diminishes the quality of their life. It overshadows and saps the joy from the

positives there are, it affects relationships with friends, family and lovers and can create a debilitating cycle of self-sabotage.

The key, according to psychologists, is a process called savouring: Being deliberately mindful of what you're doing at the present moment, no matter how trivial it may seem, and luxuriating in it. Not only does this have a powerful effect on one's outlook and attitude, they say, but on interpersonal

relationships as well.

So in the face of troubled times, make a conscious effort to focus on the things that do bring happiness, on a micro level: The taste of a cold beer on a hot day; the warmth of a lover's embrace; the simmering excitement of a city on the brink of summer.

Happiness, after all, is the journey.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

Views

Real Canadians show active side



Kelly D. Murumets

You don't have to reinvent yourself to live a healthier, more active life. You just have to find ways to move more!

As the national voice of physical activity and sport participation, ParticipACTION is proud to celebrate the real-life stories of five Canadians who have added more movement into their lives.

As Phase 2 of our "Get Inspired. Get Moving" campaign, we created five TV ads featuring their personal stories to inspire all Canadians to follow in their footsteps.

The ads tell powerful, personal stories about individuals overcoming barriers to achieve a healthier, more active future for themselves and their families. They feature Alison Alleyne (Surrey, B.C.), Diane Lawes (Edmonton), Joania Burnett (Ottawa), Richard Marier (Laval, Que.), and Stephanie Martel (Roverval, Que.).

To find these everyday heroes, we called on all Canadians to share how they are moving more so they could inspire others to do the same. In November 2008, we launched television commercials featuring Canadian icons to encourage people to post stories about getting active on our online Wall of Inspiration.

We worked with the Cana-

dian Fitness and Lifestyle Research Institute to understand the common hurdles people face in their busy lives and select stories about getting active that will resonate with people on a personal level.

Out of more than 1,000 submissions from across the country, we chose three English and two French people to be featured in separate 30-second commercials. We worked with our ad agency to record the five stories in their own voices and bring them to life through animation. The animation gives a whimsical feel to the campaign and highlights that physical activity can be meaningful and fun.

Our campaign shows that everyone is capable of being

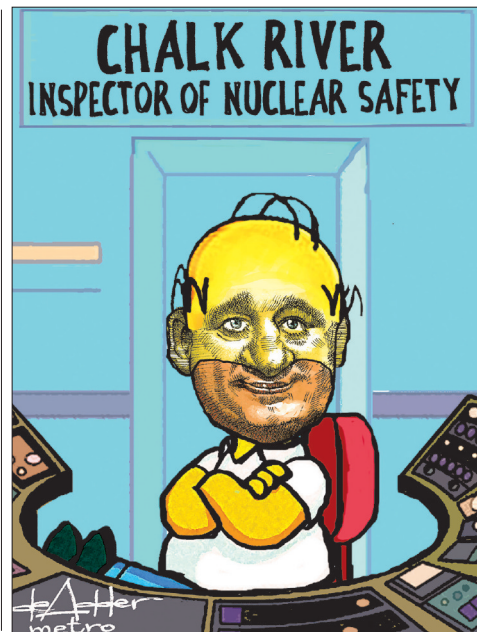
a hero in his or her own story — whether it's through getting active with their kids, overcoming obstacles or simply looking at things in a new light.

Thanks to all the Canadians who shared their stories on our Wall of Inspiration.

We received stories from across the country and we hope to receive more — Phase 3 of the campaign will feature more selections, slated to air later this year.

This is truly a grassroots initiative to celebrate individuals who are living a healthier, more active lifestyle. Get inspired and get moving, Canada!

Kelly Murumets is president and CEO of ParticipACTION, the national voice of physical activity and sport participation in Canada.



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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201 Chain Lake Dr.
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DownEast Communications
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32 King St.

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General Motors of Canada informed its dealerships yesterday of which ones it will close as part of a plan to slash its dealer network by nearly half, one of the steps necessary to qualify for long-term government aid. GM has about 700 dealerships and retailers across Canada. **REUTERS**

GM Canada gives dealerships notice of cuts

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The DAILY BUSINESS BUZZ

Facility operator sought:

Nova Scotia Business Inc. is seeking a new operator for the former Federal Gypsum facility. The Strait Area Chamber of Commerce has not taken a position on the potential development.

High-speed Internet:

About 75 people filled the room at the Shelburne NSCC campus Tuesday to listen to Eastlink employees as they spelled out plans to bring high-speed Internet to the entire county by the end of the year.

Professional honoured:

Steve Potter is in Las Vegas this week to accept the U.S. Network Professional Association's 2009 Best Networking Professional — Career Achievement Award.

Get the full stories delivered to your inbox every morning.
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DAILY BUSINESS BUZZ
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Real estate Bankruptcy history



Attendees pass by the General Growth Properties booth during the International Council of Shopping Centers convention in Las Vegas on Tuesday. Chicago-based General Growth, which owns and operates more than 200 malls in 44 U.S. states, filed for Chapter 11 bankruptcy protection on April 16, making it the biggest real-estate bankruptcy in U.S. history.

Business in brief

MEDIA Canwest Global Communications has secured a \$175-million financing lifeline as it fights to restructure its mounting debt load while contending with a sharp downturn in advertising.

CRAIGSLIST Seven people accused of publicizing a New York City prostitution ring over Craigslist have been indicted, adding to pressure on the on-line classified site to vet its ads.

REUTERS

Pinching pennies

Savings rates may double, report predicts

The trend toward saving more and shopping less could last for up to five years, as Canadians try to rebuild their personal savings amid languishing house and stock prices and painful memories of the recession, a new economic report suggests.

Calling it a "shift to thrift," the report, by TD Bank economist Diana Petramala, says consumer savings rates are already on the rise and could continue to climb as Canadians try to regain financial security.

Petramala predicts that savings rates could rise to between six and seven per cent — double the average of the preceding five years.

Low interest rates and soaring real-estate values meant consumers could

"Canadians have become increasingly concerned about their future prospects."

Diana Petramala, TD Bank economist

spend with borrowed money and still feel rich. But the economic boom came to an abrupt end, as did the spending spree.

"We're spending a lot less on discretionary items, big-ticket items and cars. People are also cutting back on discretionary travel expenses," Petramala said in an interview.

Savings rates began climbing last year, reaching a six-year high of 4.7 per cent by the end of

2008, up from an average of 2.9 per cent for the previous five-year period.

Personal savings rates had fallen in the past because people were getting wealthier without setting more money aside, Petramala noted.

"However, 2008 has proven to be a rude awakening," Petramala added.

"Canadians have become increasingly concerned about their future prospects, as reflected in the drop in consumer confidence to a 26-year low."

Consumers will likely continue to save more and spend less during the next economic upturn since the era of record-high capital gains and record-low interest rates is unlikely to be repeated, Petramala predicted. **TORSTAR NEWS SERVICE**

Inflation rate hits 14-year low

SunnySide

ECONOMY Canada's annual inflation rate in April dropped to a 14-year low of just 0.4 per cent, a move analysts said meant the Bank of Canada would be in no rush to raise record-low interest rates.

The rate dropped from 1.2 per cent in March on lower energy prices, Statistics Canada said yesterday.

The central bank last month cut its benchmark interest rate to 0.25 per cent and promised to keep it there until mid-2010 as long as inflation remained tame.

"There is still a good deal of slack that has built up in the Canadian economy and that compels us to think that the Bank of Canada has good support

for their commitment to keep rates steady for the next several quarters," said Charmaine Buskas, a senior economics strategist at TD Securities.

StatsCan said the drop in the annual rate reflected a decrease of 17.5 per cent in natural gas prices from April 2008 to April 2009. Gasoline prices fell 24.7 per cent in the same 12-month period. **REUTERS**

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Mickelson suspends career

Phil Mickelson has suspended his playing schedule on the PGA Tour indefinitely after learning that his wife Amy has been diagnosed with breast cancer. According to the golfer's website, Amy's treatment process is expected to begin with major surgery, possibly within the next two weeks. **METRO NEWS SERVICES**

9

Sports

SPORTS@METRONews.CA



Jacques' racing school

Former Formula One world champion Jacques Villeneuve, left, is giving back to the profession he loves by opening a driving academy north of Montreal. The Jacques Villeneuve Academy will run in partnership with ICAR — a massive racing complex that, when it opened last year, took over many of the unused runways of the largely defunct Mirabel airport north of Montreal. Villeneuve will serve as a mentor and resident expert. **METRO NEWS SERVICE**

NBA Superman over King James



LeBron James of the Cleveland Cavaliers contests the shot of Orlando Magic's Dwight Howard last night in Game 1 of the Eastern Conference final. Orlando won 107-106. For a complete game recap, visit metronews.ca/sports.

Ferrari to keep up fight after French court rejects F1 claim

FORMULA ONE Ferrari hit back yesterday after a French court rejected the team's bid to prevent Formula One's governing body introducing controversial new rules next season.

The sport's most successful and glamorous team warned in a statement at the Monaco Grand Prix they could still pursue legal action and would carry out a threat to quit if the regulations were not rewritten.

The champions had gone to the Tribunal de Grande Instance in Paris to try and stop the International Automobile Federation (FIA) from pressing ahead with an optional cap set at the equivalent of roughly \$72 million.

"There is no risk of any imminent damage which should be prevented or ob-

"No competitor should place their interests above those of the sport in which they compete."

Max Mosley, FIA president

viously illegal trouble which should be stopped," magistrate Jacques Gondran de Robert wrote in a statement handed to reporters.

FIA president Max Mosley said: "No competitor should place their interests above those of the sport in which they compete."

"The FIA, the teams and our commercial partners will now continue to work to ensure the well-being of Formula One in 2010 and beyond."

REUTERS

Cecil shelled by BoSox

MLB RESULTS

Toronto 3 Boston 8



Jason Varitek hit two of Boston's five home runs, which included David Ortiz's first in 150 at-bats, highlighting a six-run fifth, as the Red Sox pounded the Blue Jays 8-3 in the middle test of their three-game series.

Ortiz, who sat out a three-game series at Seattle over the weekend, stretched his homerless streak to 149 at-bats and dropped his average to .200 yesterday before ending the drought with a two-run blast to centre in his third plate appearance.

It was the longest stretch of his career without a longball, topping a 145 at-



Blue Jays catcher Rod Barajas reacts after tagging out Boston's Jacoby Ellsbury last night at Fenway Park in Boston. The Red Sox beat Toronto 8-3.

bat stretch from September 9, 1998 – June 9, 2000, when he played for Minnesota. Ortiz's last home run in the regular season came September 22, 2008 against Cleveland. He ended the game with a .210 av-

erage, having added a double in the eighth.

Jason Bay and Mike Lowell also homered for Boston, which came in with just two wins in its last six contests, but has captured 14 of its last 16 at

Fenway Park. Jacoby Ellsbury extended his hitting streak to 15 games and tied a modern major league record for outfielders with 12 putouts in a nine-inning game.

METRO NEWS SERVICES

Local bid emerges in attempt to save NHL's Coyotes

BANKRUPTCY There may be hope for the Phoenix Coyotes after all.

While Canadian billionaire Jim Balsillie and Jerry Moyes work on an official application to the league to purchase and move the bankrupt team, a local investor has emerged who apparently wants to keep the team in Glendale, Ariz.

John Breslow, one of the team's minority partners, is

putting together an ownership group that plans to bid on the team, his lawyer, Scott Cohen told the Toronto Star.

Few want to talk about about the new bid, the third to emerge in the last month.

"Mr. Breslow is not commenting at this time," Cohen said.

NHL deputy commissioner Bill Daly chose not to

comment, but Balsillie spokesman Bill Walker said he welcomes the process.

"May the best bid emerge," said Walker.

"We're confident we have the best business proposal, by the best businessman for the best hockey market."

Should the sale of the team through bankruptcy go ahead, the rival bids are expected to be public.

TORSTAR NEWS SERVICE

Voltigeurs clinch semifinal spot in OT

MEMORIAL CUP Gabriel Dumont was the overtime hero as the Drummondville Voltigeurs edged the host Rimouski Oceanic 3-2 at the Memorial Cup last night.

Dumont's tally with 6:37 left in the first extra period helped the QMJHL champions clinch a spot in tomorrow's semifinal. The Oceanic now must face the Windsor Spitfires in a tiebreaker tonight at 9 p.m. to gain entry into the semifinal.

Jonathan Brunelle and Dmitri Kulikov scored for the Volts and Marco Cousineau stopped 31 shots. Patrice Cormier and Luca Cunti scored for Rimouski.

The Western Hockey League champion Kelowna Rockets have already clinched a spot in the final, which is set for Sunday at 5:30 p.m.

METRO HALIFAX

Michael Vick released from prison into house arrest

NFL Disgraced former National Football League star Michael Vick was released from prison yesterday after serving a 23-month sentence for dogfighting, a spokeswoman for the U.S. federal prisons said.

Vick left Leavenworth medium security prison in Kansas early yes-

terday, according to spokeswoman Traci Billingsley.

He was to travel to his home in Hampton, Va., where he would begin a period of supervised home confinement, according to media reports.

The former Atlanta Falcons quar-

terback pleaded guilty in 2007 and was convicted of conspiracy charges in an interstate dogfighting enterprise on another of his properties in rural Virginia.

The case made national headlines and generated debate about dogfighting and the animal cruelty associated with it. Vick was also vilified as a fallen sporting hero.

REUTERS

SCOREBOARD

MLB	NHL	NBA
YESTERDAY'S AL RESULTS Toronto at Boston Texas 3 Detroit 5 N.Y. Yankees 11 Baltimore 4 Oakland at Tampa Bay Cleveland at Kansas City Minnesota at Chicago White Sox L.A. Angels at Seattle	TODAY'S GAME Carolina at Pittsburgh Detroit at Chicago	YESTERDAY'S GAME Orlando at Cleveland
YESTERDAY'S NL RESULTS Pittsburgh 2 Washington 1 Cincinnati 5 Philadelphia 1 Florida 8 Arizona 6 (Gm 1) Arizona at Florida (Gm 2) Colorado at Atlanta Milwaukee at Houston Chicago Cubs at St. Louis San Francisco at San Diego N.Y. Mets at L.A. Dodgers	TODAY'S NL GAMES Philadelphia at Cincinnati Pittsburgh at Washington Colorado at Atlanta Arizona at Florida Milwaukee at Houston Chicago Cubs at St. Louis San Francisco at San Diego	TODAY'S GAMES Denver at L.A. Lakers

Sports in brief

CFL The Winnipeg Blue Bombers released Saint Mary's Huskies alumnus Marc Beswick yesterday. The 6-foot-1, 198-pound defensive back from Vancouver was a fourth-round pick (31st overall) of the Blue Bombers in the 2008 draft and was signed to the club's practice roster last season.

METRO HALIFAX

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we set out
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For more information, visit www.cibc.com/youthvision

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Thursday, May 21, 2009

10 sports

Gold medallist named chair

Paralympic gold medallist Paul Tingley of Halifax has been named honorary chair for the Wheels in Motion fundraising event. **METRO HALIFAX**

Herd blue-line may get a boost

Mooseheads close to adding Garrett Clarke: Source

MATTHEW WUEST
matthew.wuest@metronews.ca



The Halifax Mooseheads appear to be working on a deal to acquire highly-touted defenceman Garrett Clarke.

A source has told Metro Halifax the Mooseheads are close to acquiring Clarke, a 17-year-old who was picked sixth overall by the Lewiston Maineiacs in last year's draft.

The Mooseheads, desperate for defensive depth, may have to surrender an offensive-minded 19- or 20-year-old forward and a late draft choice to secure Clarke's services.

Mooseheads general manager Cam Russell, reached yesterday at the Memorial Cup, wouldn't confirm interest in Clarke, but said defensive depth is at the top of his trade wish list.

"If you look at all the strong, competitive, consistent teams, they build from the net out," said Russell. "They have good goaltending and at least four top-notch defencemen, and that's where we're trying to improve our hockey team."

The Mooseheads could use the help. Other than 19-year-olds Gabriel O'Connor and Pascal Amyot, there are



RON MORIN/LEWISTON MAINEIACS

The Mooseheads are close to acquiring blue-liner Garrett Clarke from the Lewiston Maineiacs, a source tells Metro.

no bona fide top-four defencemen on the 2009-10 roster. Alex MacDonald, a rookie last season, could ascend to that group.

International Scouting Service described Clarke last year as a "highly skilled offensive defenceman" and a "tough player to play against" with "a mean streak." He tallied six goals and three assists in 46 games as a rookie with Lewiston and served a 15-

game suspension for a cross-checking incident.

There is also talk the Mooseheads could land an over-age defenceman from the Memorial Cup host Rimouski Oceanic to complete last December's Logan MacMillan trade. Stay-at-home Alexandre Brunet is a possibility.

The first trade period of 2009-10 opens on Friday, June 5, the day before the QMJHL draft in Moncton.

Stransky would have skipped first-round of playoffs: Russell

MATTHEW WUEST
matthew.wuest@metronews.ca



Even before Czech sniper Jan Stransky decided to leave the Halifax Mooseheads in early May, he hadn't exactly endeared himself to general manager Cam Russell.

Russell said Stransky was scheduled to fly home to take university exams after the final game of the regular season — regardless of whether Halifax was in the playoffs.

Russell said Stransky informed him a week before the regular season ended of the plan, which had been pre-arranged by Russell's predecessor, Marcel Patenaude.

"He would have missed the first round," said Russell. "It took me a back. I didn't know what to say

about it."

There was heavy concern within the Mooseheads that Stransky's focus wasn't in the right place. Russell said Stransky was studying a full course load by correspondence and that he contemplated quitting hockey for school in December.

"His passion, to me, was school," said Russell.

"I talked to his billet — he'd get up in the morning and he'd be working at it all day long. He's pretty dedicated."

Russell said he wanted Stransky's "No. 1 priority to be to help the Mooseheads win hockey games."

Although Stransky led the Mooseheads in scoring after coming over in a mid-season trade from

Gatineau, Russell and consultant Bob (Tipper) LeBlanc went to the world under-18 championship in April to scout potential replacements.

"We were keeping our options open," said Russell.

They were also looking for ways to move up from the No. 28 spot in June's Canadian Hockey League import draft.

"If that would have happened, the possibility would have been there to replace him anyway," said Russell.

Stransky signed a two-year contract in early May with his hometown team, Plzen. He confirmed the deal to Metro Halifax on May 7, but only told Russell this week.

"I'm glad he's pursuing his passions," Russell said.



Jan Stransky

Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Liven up your backyard

LEYLA EMORY
for Metro Canada

Canada really only has two seasons: Skiing and patio. This year it's all about bringing the patio into the backyard.

"The major trend is outdoor lounging," says Kennedy McRae, one of the founders of the landscape design firm Earth Inc. and host of HGTV's Dirty Business.

"Everyone's buying long couches and corner sectionals. It's not just about a formal sitting area anymore. There's a table area and then there's the kick-back-and-hang-out area."

The idea is to move your inside outside for the three or so coveted months of warm weather. "It's about extending your living area," says McRae. "Your backyard is the biggest room you own — often the same size as your house. To not use it is crazy."

But the expense doesn't have to be.

"Do not spend the money on the flooring. Half the space is going to be taken up by furniture anyway," McRae says. "Do a pea gravel patio. It gives a little on all the legs of your furniture so there's no rocking. There's a really relaxed



You can enjoy the perfect patio in this patio weather from your own backyard.

feeling to gravel. It's more down to earth and adds a little whimsy."

But if you want the structure of a deck, "get a contractor to come in and do the framing but then do the decking yourself," suggests Mag Ruffman, tool-girl of toolgirl.com. "All you're doing is nailing or screwing boards down and anybody can figure that out."

For a long-term invest-

ment, go with composite decking, suggests Frank Turco, colour trend and design manager at The Home Depot. "It's a huge trend," says Turco. "It's not inexpensive, but it's a maintenance-free product guaranteed for 25 to 30 years, depending on the brand."

Otherwise, spend the money on verticals. "Vertical elements like a stream or a tree are more of a wow factor," says McRae. "Any-

thing upright creates more sense of space. A collection of tree trunks works great. Or try multi-stem trees that make it feel like there's more than one."

The same goes for gardening. "Vertical gardening is huge," says Turco. "Instead of just planting into the ground, people are planting up the wall. So you're getting a lot more vertical florals available on the marketplace."

End violence with a sale

On Saturday, Royal LePage will host the National Garage Sale for Shelter in support of the Royal LePage Shelter Foundation, a program dedicated to ending violence against women and children. The event will be held in 80 communities across Canada. For more info, or to find a garage sale in your community, visit royallepage.ca/shelter.

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Vertical elements create a sense of space, says Kennedy McRae, inset, host of HGTV's Dirty Business.

Get permission before starting your renovations: Expert

JON TATTRE
for Metro Halifax

If you're doing serious home renovations, you need permission. Don't try and sneak past the law.

"Sooner or later, one of your neighbours is going to call and ask whether you've got a permit," says Jim Donovan, manager of permits and inspections for HRM. If you don't have one, "you've just broken the law. You risk being fined, and beyond that, you risk (the project) ending in non-compliance."

That means the whole thing comes to a crashing halt. "For the price — \$50 or \$100 or \$150 — why wouldn't you want the support of someone who is going to look after your interests?" he asks.

A permit is required for



A permit is required for any kind of structural work.

any kind of structural work or something with a value if more than \$5,000. There is one provincial building code, which is administered at a municipal level.

"As a homeowner, you are responsible for what happens on your property, regardless (of) if you've hired someone," Donovan explains. "(The permit

process) allows you access to an objective expert you can consult with in terms of the adequacy of the construction as it's ongoing."

First, check the zoning laws to make sure your project is allowed. Next, you need a construction permit, which houses all of the necessary approvals. In the case of a home renovation, that will likely be a

development permit and a building permit.

The building inspector will contact you to discuss the application. You'll need a site plan showing your building on the lot, distances to boundaries and plans describing the structural elements you intend to use.

"Most folks could create their own," Donovan says, "as long as they know the assembly process and the components."

If you can sketch it and show where the walls will go and what you will use to build them, you should be fine.

"The more adequate the submission, in terms of technical document, the more smoothly the process flows," he says.

If that's out of your skill set, get a professional contractor to do it.

Where to get a permit in HRM

- HRM has three offices for permits and inspections. In Dartmouth, call 490-4490; in Halifax, 490-5650; and in Lower Sackville, 869-4375.
- Log on to Halifax.ca/PermitsInspections/index.html for more information.

After you get the permit, there are a series of up to eight mandatory inspections and the process ends with a completion certificate.

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Home renovations — especially on bathrooms and kitchens — are a great way to perk up your investment, experts say.

Home updates add value

LEYLA EMORY
for Metro Canada



The economy may look grim, but your house doesn't have to.

Home renovations are a great way to perk up your life and your investment.

These days, financing a fixer-upper doesn't have to break the bank. With the new Home Renovation Tax Credit (HRTC) already cutting costs, banks are also out to help. "The best advice would be to sit down with a mortgage specialist and make an in-

"Kitchens, bathrms and basements are three places in the house that make the most impact in the resale of a house."

Mag Ruffman of toolgirl.com

formed decision based on facts," says John Turner, director of mortgage sales

at the Bank of Montreal.

BMO's combination of a mortgage and line of credit is one the more popular options lately, says Turner. "The Homeowner ReadLine lets you keep your mortgage portion under a mortgage and also have a line of credit portion to use for renovations. It's all under one borrowing limit ... As you pay down your mortgage, you increase your borrowing reserve. The interest rates are great and you only pay interest on what you use."

But use it wisely. "You've got to look at the return on the investment," says Mag Ruffman, Road to Avonlea's Olivia Dale turned toolgirl of toolgirl.com. "Kitchens, bathrooms and basements are three places in the house that make the most impact in the resale of a house."

Saving money while adding value comes down to education and materials, according to Ruffman. "Learn how to do things yourself." For the civic-minded, Ruffman recommends volunteering for Habitat for Humanity. "It's an amazing experience and you get to understand what goes in to the systems of a house."

Next to know-how is "know-where."

"When it comes to materials, you can save a lot of money by going to used building supply places," says Ruffman. "Habitat for Humanity runs one called ReStores. They're outstanding for value. All big cities have at least one."

But major retailers are also out to add value. The Home Depot's Top Up program ran last month allowing customers to receive 10 per cent back in gift cards on HRTC-eligible products between \$1,000 and \$10,000.

They plan to run similar promotions focusing on key seasonal categories throughout the year.

"It's a great incentive to get people into the stores and working on renovations," says Frank Turco, colour, trend and design manager at The Home Depot. "Obviously, it benefits us from a revenue standpoint, but in turn [it] benefits the consumers who can actually start to do some work even though we're faced with recessionary times."



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Food

Quinoa can be added to stews and soups (it thickens it up), or as an alternative to oatmeal — just add honey, nuts or berries, as desired.

BARB HOLLAND/FOR METRO CANADA



Storing

Store quinoa in a glass or plastic container in a cool, dry dark place. Ideally stored, it should stay fresh for up to one year.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

All hail the UN's super crop

À la carte

Barb Holland

metronews.ca/alacarte

Quinoa may seem like a new grain, but in fact it was a staple of the ancient Incas. Pronounced keen-wah, it is so high in protein — 13 per cent — that the United Nations classified it as a super crop. It has more protein than any other grain and all eight essential amino acids. It is also higher in unsaturated fats, lower in carbohydrates than most grains and high in fibre.

Aside from its fab health properties, it is easy and quick to cook and has a light, fluffy texture with a

mild, slightly nutty flavour. What's not to like? It makes a nice change from couscous or rice, and one cup makes a generous four cups.

The grains are naturally coated with a bitter resin called saponin. This resin can be removed by washing but is often removed by mechanically polishing. Look for whole grain quinoa and read the package, as some have already been rinsed and air dried, so it's good to go without the rinsing.

Quinoa and Vegetable Salad

The protein in quinoa along with the cheese and nuts, if using, makes this an ideal vegetarian dish. Makes four to six servings.



The protein in quinoa along with the cheese and nuts, if using, makes this an ideal vegetarian dish.

INGREDIENTS:

- 1 cup (250 ml) quinoa, well rinsed (as per package)
- 2 cups (500 ml) water or broth
- Pinch salt
- 1/4 cup (60 ml) olive oil
- 2 tbsp (30 ml) fresh lemon juice
- 1 clove garlic, minced
- 1/2 tsp (2 ml) each: dried oregano leaves and salt
- 1/4 tsp (1 ml) pepper
- 1/2 lb (250 g) cooked asparagus* (grilled or steamed), cut into 1 inch

(2.5 cm) pieces

- 1 red or yellow pepper, diced
- 3 to 4 green onions, sliced
- 1 cup (250 ml) halved cherry tomatoes
- 1/2 cup (125 ml) crumbled feta cheese
- 1/3 cup (75 ml) toasted walnuts or pecan halves, optional

METHOD:

Place quinoa in a medium saucepan with water and salt or broth; bring to boil.

Reduce heat, cover and simmer 15 minutes or until tender. If necessary, drain off any liquid. Transfer to large bowl and fluff with a fork.

Meanwhile whisk oil, lemon juice, garlic, oregano, salt and pepper together. Prepare vegetables.

Add vegetables to quinoa, pour dressing over all and toss well. Sprinkle with feta cheese and nuts just before serving.

* Use a seasonal vegetable when asparagus is not in season, green or yellow wax beans, broccoli, etc., as they become available.

Tips:

- For a roasted flavour (pilaf style), toast quinoa in a dry skillet for about 5 minutes, stirring often. Add two parts liquid to one part quinoa (same proportions as above), bring to a boil. Reduce heat, cover and simmer 15 minutes or until tender.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Grilled Mustard Sage Pork Tenderloin and Potato Salad

INGREDIENTS:

- 2 tbsp (25 ml) each Dijon mustard and grainy mustard
- 1 tbsp (15 ml) minced fresh sage (or 1/2 tsp/2 ml dried)
- 1 tbsp (15 ml) each extra-virgin olive oil and cider vinegar
- 1 tsp (5 ml) packed brown sugar
- 2 small cloves garlic, minced
- 1 lb (500 g) pork tenderloin
- 1/2 tsp (2 ml) each salt and pepper
- 1 lb (500 g) mini red potatoes, quartered
- 2 tbsp (25 ml) light mayonnaise
- 2 tbsp (25 ml) chopped gherkin pickles
- 2 green onions, chopped

METHOD:

In glass bowl, combine Dijon and grainy mustards, sage, oil, vinegar, sugar

and garlic. Remove 1 tbsp (15 ml) and reserve for potato salad. Add pork to bowl, turning to coat. Cover and refrigerate for 10 minutes or for up to 8 hours.

Place pork on greased grill over medium heat; close lid and grill, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, about 20 minutes. Sprinkle with half each of the salt and pepper. Let stand for 5 minutes before slicing.

Meanwhile, in saucepan of boiling salted water, cover and cook potatoes until tender, about 10 minutes. Drain; let cool.

In bowl, combine mayonnaise, pickles, green onions, remaining salt and pepper, and reserved mustard mixture. Add potatoes; toss to coat. Serve with pork.



For more great recipes, visit metronews.ca.

online

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winning milkshakes. A yummy chickenburger runs you \$3.50, taxes in, and you can enjoy a large milkshake for \$2.77, again, taxes included. Chickenburger also makes a delicious hamburger for \$2.32. And don't forget to bring some quarters to play songs on the jukebox inside the 1950s nostalgic setting.

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Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Don't cry for me, Argentina

Visiting a wine producing country for the first time is a lot like finally meeting a celebrity you're crazy about.

What you hope against hope is that they'll live up to your expectations in person. Well, after a week in Argentina last month I can officially tell you that the land of red wine (and whites too), red meat and amazing empanadas more than lives up to its liquid reputation.

The province of Mendoza is ground zero for great vino. There malbec is king and tasting a series of wines with Daniel Pi — chief winemaker for Trapiche — brought that fact home loud and clear. If you don't know the grape Trapiche's 2007 Malbec (\$8.85 - \$11.99) is the place to start. Not too spicy or juicy; its ripe core of bright black fruit is easy to drink and barbecue-friendly.

One of the most original wines I tried came from the minds at Masi. The Italian wine producer set up shop in Mendoza's Tupungato Valley to blend malbec with corvina (a grape originally from Italy's Veneto region). The resulting Masi Tupungato 2007 Passo Doble (\$13.95 - \$17.99) is a beef-loving, new wave South American with Old World roots.

Prices reflect the range across the country. Some products may not be available in all provinces.



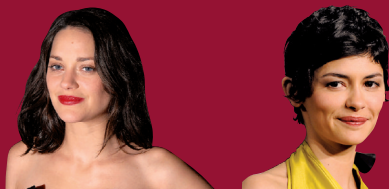
Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

One Night gift bag

Sunnybrook Foundation has revealed the list of items that will pack this year's One Night Live Gift Bag. It will include beauty products, children's home entertainment products, a limited edition print from an renowned Canadian artist and more. **METRO NEWS SERVICES**

15

Style



A fashion mini-film faceoff

French actresses Marion Cotillard and Audrey Tautou are facing off in short films for two iconic Parisian brands. Marion Cotillard stars in a short film for Christian Dior called *Lady Noire Affair*. She wears a John Galiano-designed wardrobe in the long commercial, which promotes the brand's Lady Dior bag. Meanwhile, Tautou stars in a Jean-Pierre Jeunet directed clip for Chanel No. 5. See the videos at kenyametrostyle.com. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONWS.CA

Fantasy locks

Spring and summer 'dos call for big, cascading curls or cropped edgy manes

JENNIFER YANG
for Metro Canada

If hair is truly "the richest ornament of women," as revolutionary monk Martin Luther once said, then this spring and summer, expect the ladies to look positively festooned.

With those spring showers, tulips won't be the only things in their tresses too. It seems hair accessories are suddenly in season again, says L'Oreal hair guru Eric Del Monaco, a beauty expert on Project Runway Canada.

"There's some beautiful stuff," Del Monaco says. "Really nice jewel pieces, ceramic pieces. It's all about creating your own fantasy."

Del Monaco is also the official hair artist for Toronto Fashion Week and started using accessories in October for the spring 2009 collections. His favourites are the chic feather accents he's seen, worn flat and sleek against the scalp.

But for those who can't wrap their heads around all the beads and plumage, spring and summer hair is still full of fun and fantasy, Del Monaco says, with manes going big, curly and cascading.

"That hair straightener is going out the window," Del Monaco says. "For the day-

time, it's just big, huge, loose curls that can be made anyway... sort of '60s, big, floppy hair."

As for those sticky summer evenings, keep the curls in tact but slick them back with a dollop of gel, Del Monaco says. Night-time looks are more elegant and constructed, similar to Kate Winslet's glam 'do from this year's Oscars.

"Leave the house in the morning with some big curls and at night, before leaving the office, you can just put in some gel, put it up in a bun and off you go," Del Monaco explains. "For hot summer nights that look's really hot, especially if you have a hot tan."

As for colour, Del Monaco says the shade this season is brunette, with lots of "tortoise-shell" and "cinnamon-kissed" browns.

But for Melissa Baca, owner of Toronto salon Madfactory, she says many of her clients are swinging to the other hair extreme and requesting the Agyness Deyn: cropped, catwalk-edgy and white blond.

"It's a short, choppy kind of bob... cropy in the back and longish to the front," Baca explains. "A lot of blond and more of that sort of peroxide-y blond."

But amusingly, most of Baca's clients are fantasiz-

chic accents

Hair accessories are in season, try some of these fun accents:



• Goody Cecillia side comb, \$6.49. Available at most mass drug stores.



• Goody Lydia claw clips, \$8.99.



• Goody Lenora salon clips, \$5.49.

ing about a different celebrity's hairdo this spring — a little lady whose hair accessories are probably more of the plastic and glitter variety.

"It's kind of funny but we've had a lot of clients ask for Suri Cruise's hair (daughter of actors Tom Cruise and Katie Holmes)," laughs Baca. "We hear she's got a good stylist."

Cage match over racy shoes

TREND There is a rage over cage shoes this season.

It ignited at the spring/summer 2009 Yves Saint Laurent collection shown in Paris last October. Designer Stefano Pilati sent his models down the runway, their feet encased in a shoe featuring thin strips of leather that form a grid-like pattern and perched on a metal cage-inspired heel.

In essence, this short bootie looked like a cage imprisoning the model's foot.

It has since set the fash-

ion world and the blogosphere all a-twitter.

Naturally, when you put the words cage and women together you're bound to ignite a frenzy.

Type the words 'YSL cage shoe' into the Google search engine, and about 60,000 results pop up.

This architectural shoe is drawing extreme reactions, dividing footwear fanatics on the web into two camps: Those that loathe it and those that can't wait to get their hands on it.

TORSTAR NEWS SERVICE



YSL cage silver shoe, \$1,295, Holt Renfrew.

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion



Spring and summer hair looks are full of fun and fantasy. Two trends experts are suggesting include the big, curly cascading brunette mane (see actress Scarlett Johansson, left) and the short cropy blond bob (see model Agyness Deyn, right).

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In Touch previously reported, since reuniting earlier this year, Pink and Carey Hart have been planning to renew their wedding vows. And on Saturday that's exactly what they did. INTOUCHWEEKLY.COM

Entertainment

EDITOR: DEAN.LISK@METRONews.ca

☆☆☆☆ A CLASSIC; ☆☆☆☆ EXCELLENT; ☆☆☆ GOOD; ☆☆☆ FAIR; ☆☆☆ POOR

Eminem's rap Relapse

Eminem

Album: Relapse
Label: Interscope/Universal
Rating: ☆☆☆

AS SOON AS RELAPSE'S

first official single hit the airwaves, it was clear that Eminem was trying a little too hard. We Made You, with its carnival beat, frantic flow and aimless C-list targeting, was a desperate-sounding entry to his first album in five years. Fortunately, it's the worst song on Relapse, an album that finds Slim Shady pushing his wordplay and ultraviolent persona to the limit over fiery Dr. Dre production. While the work is ob-

vious, Relapse is much more satisfying than his last album Encore, where he didn't try at all.

Jason Richards/for Metro Canada

Sunparlour Players

Album: Wave North
Label: Outside
Rating: ☆☆☆

THE SUNPARLOUR PLAYERS

succeed where so many other folk revivalists fail, finding poetry in their own backyard. They plow the fields of southwestern Ontario and comb the north shores of Lake Erie for stories of universal texture. There is an honesty to these 13 songs that is irresistible. A gentle banjo

strum gives way to the urgency of a marching drum. There's danger up ahead and Andrew Penner's beguiling voice serves up a warning cry. Playing dark but delicate rhythms on a multitude of instruments, bandmates Dennis Van Dine and Michael Rosenthal add a Stephen King sense of pace. Battle of '77 has all the hallmarks of a classic.

Graham Rockingham/for Metro Canada

Steve Earle

Album: Townes
Label: New West Records
Rating: ☆☆☆

STEVE EARLE DOESN'T have to prove himself anymore. He

MusicReviews

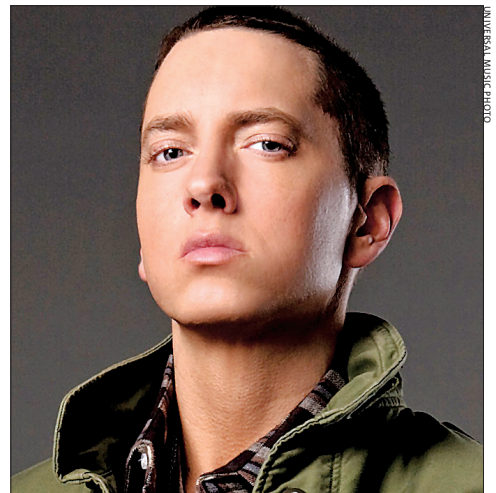
music@metronews.ca

can do whatever he pleases. So if he wants to release an album of Townes Van Zandt covers, he can go right ahead and do it. Townes is one of those great American songwriting tragedies. Whiskey, drugs and mania. Died before his genius got the recognition it deserved. Earle was about as close as anybody got to Townes, even named his son after him. So who better to cover Townes than Earle? Some will say the song selection could have been better. Some will say Earle's voice fails to do the lyrics justice. It's true this album probably won't



Gossip dance

Gossip Girl hottie Chace Crawford will be kicking off his Sunday shoes in the remake of Footloose, stepping into the void left behind when Zac Efron dropped out, Paramount Pictures has confirmed. PEOPLE.COM



Eminem pushes his wordplay and ultraviolent persona to the limit on Relapse, his first new album in five years.

serve to make the songs of Townes any more popular than they already are. But that's not what this album is about. It's a labour of love, by a guy who can do

whatever he pleases.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/21/09	31	31	31	ABC News (N)	ABC Wild News	Inside Edition	Chronicle	Ugly Betty "Curveball: The Fall Issue" (N)				Greys
	7	7	7	ASN The Road to Avonlea		Instant Star	TMZ (N)	Old Christine	Old Christine	Grey's Anatomy		Flashpoint
	11	11	11	CBC Coronation St.	Jeopardy! (N)	NHL Hockey Playoffs -- Teams TBA.		(HDTV) (Live)				National
	2	2	2	CBC-F Urgences "La Visite" (SC)		Des saquelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Heartland" (HDTV)		CSI: Crime Scene Invstgtn.		Flashpoint
	69	69	69	CFTM TVA 18 heures	Sûreté-salé	Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Destination Nor'Ouest (SC)		TVA 22 heures
	6	6	6	CHIF Entertainment	ET Canada	Harper's Island (N)		NCIS "Heartland" (HDTV)		The Office		News (N)
	9	9	9	CJCH etalk	Hollywood	Southland "Derailed" (N)		So You Think You Can Dance Dancers audition. (N)		The Office		News (N)
	10	10	10	ELTV (6) EastLink Television				Podium TV		EastLink Television		
	36	36	36	FOX Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	So You Think You Can Dance Dancers audition. (N)				Fox First
	12	12	12	NBC News (N)	NBC News	Extra (N)	Extra (N)	Name Is Earl	30 Rock	The Office	30 Rock	Southland (N)
	29	29	29	NW World News	Business	CBC News	Newman	The Hour		CBC News: The National		National
	4	4	4	PBS-B NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	Yankee Shop		The Jewish Americans "Home" (DVS)		MI-5
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	Yankee Shop		Ask This Old	Michigan	MI-5
	68	68	68	TQS Rire et délire	Chemin du golf	Loft Story	Avec Albert	Audela de la vérité (2005, Suspense)		Tori Spelling.		110 pour cent
	23	23	23	BNN Business News	Headline	Market Call	Commodities	GetConnected	Business News	Squeeze Play		Market Call
	18	18	18	CNN Situation Room-Wolf Blitzer	Lo Dobbs Tonight			Campbell Brown: No Bias		Larry King Live (N)		Cooper 360
	54	54	54	GOLF Golf Central	LPGA Tour Golf	Coming Classic -- First Round.		PGA Tour Golf HP Byron Nelson Championship -- First Round.				
	52	52	52	RSE Hockey Central	Sportsnet Con.	CHL Hockey MasterCard Memorial Cup tie-breaker -- Teams TBA. From Rimouski, Que.				Sportsnet Con.		Sportsnet Con.
	55	55	55	SCOR (6) HSR		Canadian Poker Tour		Hardcore Champ. Fight		Poker Challenge		Score Tonight
	45	45	45	SPD NASCAR Racing: Nationwide	NASCAR Racing Sprint Cup -- Coca-Cola 600 Qualifying. (HDTV) (Live)					Wrecked (N)		Wrecked (N)
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey	Interruption	E:60 (N)		NBA Basketball: Western Conf. Final		
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	44	44	44	TOON Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	Sky Captain-World		
	26	26	26	TREE Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch
	27	27	27	YTV Drake & Josh	Family Biz	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	16	16	16	A&E The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 (N)
	70	70	70	APTN News (N)		Warriors: TKO		By the Rapids	renegade press	Johnny Mnemonic * (1995, Science Fiction)		
	50	50	50	BET 106 & Park: BET's Top 10 Live (Live)		Bull Big Tune		New Jack City *** (1991, Crime Drama), Ice-T				College Hill
	37	37	37	BRVO Street Legal		Storytellers		Bathroom Divas-Opera Star		Treed Murray ** (2001, Drama)		
	25	25	25	CMT Karaoke Star	Karaoke Star	Shaye: This Is It		Home Improve.		Reba		Hope & Faith
	49	49	49	COM Laughs	Comedy Now	World's Wildest Police Videos		Corner Gas		The Simpsons	South Park	VIP
	153	153	153	COURT Truth, Duty, Valour		Daily Planet (N)		Body-Evidence		Navy SEALs: Untold Stories		Police Videos
	38	38	38	DISC How It's Made	How It's Made	Property Virgin		Hunt for the Mad Trapper (N)		Sasquatch: Legend		MythBusters
	34	34	34	HGTV Holmes on Homes		NCIS "Lost & Found"		Holmes in New Orleans		Disaster DIY	Big Amazing	House Hunters
	46	46	46	HIST Go Deep "Earthrace"		One Tree Hill		Ancient Discoveries		Go Deep "Earthrace"		NCIS
	17	17	17	MM Daddy's Girls	Degrassi: TNG	The Daily Fix		Technical Diff.		Daddy's Girls	Degrassi: TNG	Hooking Up
	19	19	19	MMM mmtop10.ca		(8:15) Summer House (2008, Suspense) Lindsay Price.		Ranked!		MuchMoreMusicOnStage		Entourage
	201	201	201	M1 In the Land of Women		Bounty Hunter	Bounty Hunter	Departures		American Teen (2008, Documentary)		Bounty Hunter
	48	48	48	OLN The Amazing Race 2		House-Payne	House-Payne	Friends		Mantracker		Scream
	51	51	51	PEACH Seinfeld	Friends	The Quick Gun ** (1964, Western)		Friends		Top Gun *** (1986, Adventure)		
	206	206	206	PIX Post Concussion (1999, Comedy-Drama)		24 Hours on 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct
	67	67	67	RDI en direct		The Outer Limits		Love-Death		Trailer Park	Trailer Park	American Pie 2
	39	39	39	SHOW Wife Swap		Skin Deep		X-Weighted "Amy"		X-Weighted		X-Weighted
	40	40	40	SLICE The Mom Show		Terminator		Star Trek: Voyager		The Scorpion King ** (2002, Adventure)		
	47	47	47	SPACE Stargate SG-1		UFC Unleashed		UFC Unleashed (HDTV)		TNA Wrestling (HDTV) (N)		Tonight Show
	14	14	14	SPIKE CSI: Crime Scene Invstgtn.		The Ellen DeGeneres Show (N)		TMZ (N)	etalk	American Idol Extra (N)		Street
	98	98	98	STAR etalk	Hollywood	Overhaul (HDTV)		American Chopper		Seinfeld	Raymond	Family Guy
	21	21	21	TLC What Not to Wear		Vanity Insanity	Inside Hollywood	Ciub social		Envoyé spécial		
	56	56	56	34 TROP What Happen?	What Happen?	Destinations	Fourchette	Wait for God	'Allo, 'Allo!	Bonnie and Clyde: The True Story (1992)		Passion
	20	20	20	TVS Que-champion	Journal de Fr2	Murder, She Wrote		Most Haunted		Confidential	Save Us-House	Divine Design
	28	28	28	V Ekhaya -- A Family Chronicle		Judging Amy		Divine Design		House		
	60	60	60	VIVA Mysterious Ways		Will & Grace	Friends	Smallville "Bride"		Supernatural (HDTV)		WGN News
	22	22	22	WGN Be-Millionaire	Evening News	Two/Half Men	Family Guy					

critics'corner

Southland

Officers Cooper, Sherman, Brown and Dewey (Michael Cudlitz, Ben McKenzie, Anja Barelik, C. Thomas Howell) find a dead gang member in the trunk of a car outside Dodger Stadium. Detective Bryant (Shawn Hatosy) asks Lydia (Regina King) to take in Janilla (guest star Carla Jeffrey). The rift between Detective Salinger (Michael McGrady) and his daughter grows in the season finale, "Derailed." 8 PM on CJCH; 11 PM on NBC



So You Think You Can Dance

Contestants — some of them with no formal training — go through a grueling series of challenges as they compete against each other for the title of America's favorite dancer, as the hit competitive reality series returns for its fifth season with host Cat Deeley and judges Nigel Lythgoe and Mary Murphy. At stake: a \$250,000 cash prize and national exposure that could lead to professional job offers. 9 PM on CJCH FOX

American Teen

It's actually five American teens who are the subjects of this acclaimed documentary by director Nanette Burstein. The result has the effect of an MTV reality series as the Indiana quintet goes through the end of a year as high-school seniors, with an athlete vying for a college scholarship and an iconoclast aching for the moment when she can leave the small town. 10 PM on M1

Weekdays @ 9pm

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Kelly Clarkson - I Do Not Hook Up

Eminem - We Made You

Black Eyed Peas - Boom Boom Pow

Candy Coated Killahz - Playboy

3OH!3 - Don't Trust Me

Jamie Foxx Ft T-Pain - Blame It

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1013 THE BOUNCE.com

Ono holding haiku contest

John Lennon's widow Yoko Ono is sharing her Japanese heritage with the people of London. She will be judging a contest for which Londoners have been challenged to write a haiku about the British summer, and post it on their Twitter accounts by Friday. FEMALEFIRST.CO.UK



Closer to damnation

Terminator Salvation

Director: McG

Stars: Christian Bale, Anton Yelchin

Classification: 14A

Rating: ⓈⓈ

CHRIS ALEXANDER
for Metro Canada



For all its impressively spine-shaking stereo sound and grim, digitally goosed fury, *Terminator Salvation* is just another hollow and harmless serving of mealy Hollywood pabulum, gleefully homogenizing the ideas forged in James Cameron's iconic 1984 original and making even the tepid *Terminator 3* look like something penned by Isaac Asimov in comparison.

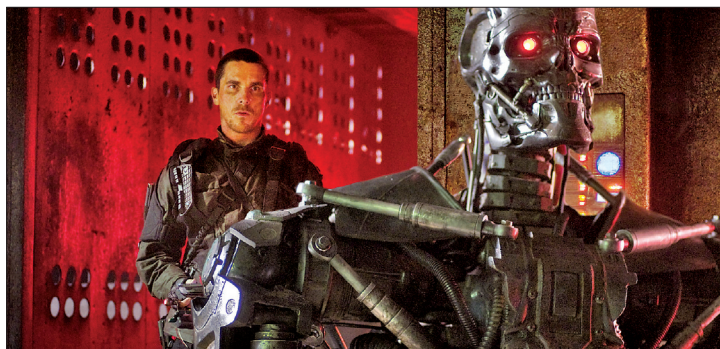
In this unwanted and perfunctory prequel/sequel slog, the robot apocalypse's chief adversary, resistance leader John Connor (Christian Bale), is trying to find his would-be teenage father Kyle Reese (Anton Yelchin) before the evil cybernetic empire called Skynet erases him, thus eliminating Connor's existence.

Confused? Not as confused as supposedly executed death-row prisoner Marcus Wright (Sam Worthington, who's very good in an underwritten role), who literally wakes up after a nuclear blast and spends much of the movie's running time stumbling about the desert evading android annihilation.

Speaking of confusion, those unfamiliar with at the least the first film won't have a robo-chance figuring out the time-twisting storyline or caring about any of the blank-eyed characters (including the obligatory and wince-inducing cute kid with the perfectly coiffed afro), while those who are savvy to the sophisticated, cerebral ideas the series offered will most likely loathe it.

Director McG brings much of the rock video-informed razzle dazzle he slathered on the Charlie's Angels movies, and there are a few borderline brilliant action set pieces, in-

cluding a giant robot human harvester sequence straight out of *War of the Worlds* and a crowd-pleasing bit where former Terminator poster boy Arnold Schwarzenegger makes a CGI-tweaked appearance. The film also has a nice,



Christian Bale has a close encounter with one of the "machines" in *Terminator Salvation*.

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bleak, arid and burnt out-look that, in some of Worthington's scenes, even recalls vintage Sergio Leone spaghetti western (Danny Elfman's toney score even quotes Ennio Morricone from time to time).

But Bale is thoroughly wasted, the script is formless, joyless garble, the violence is tame and the undercooked themes of man versus machine were perfected in the otherwise imperfect *Matrix* movies.

All in all, a massive disappointment that's closer to *Transformers* than *Terminator*.

Screen times

Thursday screenings for *Terminator Salvation*:

• **BAYERS LAKE:** 12:40-1:10-

1:20-3:30-3:45-4:10-6:35-

6:50-7:10-9:15-9:35-9:55

• **PARK LANE:** 1:4-6:50-9:40

• **LOWER SACKVILLE:** 7-9:30

• **DARTMOUTH CROSSING:**

12:40-1:05-3:25-3:55-6:15-

7:15-9:10-10:10

• **TRURO:** 6:15-8:45

• **BRIDGEWATER:** 6:45-9:30

Times are subject to change.

Complete listings at

metronews.ca/movies.

On the web

• For a *Terminator Salvation* trailer, photos and screen times, visit metronews.ca/movies.

Allen takes American Idol crown

TV Arkansas college student Kris Allen won the eighth season of *American Idol* last night, dealing an unexpected defeat to musical theatre actor Adam Lambert on the most popular U.S. television show.

Allen, who won over audiences by putting his personal, acoustic spin on popular tunes, appeared shocked as rival Lambert embraced him following the announcement by host Ryan Seacrest.

"It feels good, but Adam deserves this," Allen said to Seacrest. "I don't even know what to feel right now. This is crazy."

Lambert and Allen wowed audiences throughout the season by putting their own spin on popular tunes — Lambert with off-the-charts vocals and daring costumes, and Allen with acoustic arrangements and all-American good looks.

The finale featured performances by Lionel Richie, Cyndi Lauper, Rod Stewart and the Black Eyed Peas.



Kris Allen

REUTERS

Comedy top display in Museum

STEVE GOW
for Metro Canada



When Night at the Museum hit theatres in 2006, there was little pressure on Shawn Levy.

Sure, the Montreal-born director expected his movie to do well (Ben Stiller had a decent track record, after all) but he never would've predicted the comedy would pull in nearly \$575 million US worldwide.

So when Levy was approached to make the blockbuster's highly anticipated sequel, he naturally felt a twinge of anxiety.

"It was daunting because there was so much goodwill towards the first movie and we only wanted to make a sequel if we could make it better than the first," said Levy over the phone from a Hollywood soundstage.

"In that regard, the pressure was self-inflicted. Ben and I wanted to make a movie that was not just bigger, but actually better."

As such, *Night at the Mu-*



Ben Stiller, left, and Hank Azaria in *Night at the Museum: Battle of the Smithsonian*, in theatres tomorrow.

seum: *Battle of the Smithsonian* was born. In theatres tomorrow, the sequel finds ex-guard Larry Daley (Stiller) keeping tabs on the nocturnally resurrected museum artifacts when they get shipped to the Smithsonian and facing an ancient evil pharaoh (Hank Azaria).

"Part of (the key to success) was setting the movie

at the biggest museum in the world, (where we were) guaranteed an escalation of scale," said Levy.

"Because the Smithsonian is 19 different museums, the range of exhibits promises real diversity in the sequences."

But *Battle of the Smithsonian* would be nowhere without its indulgence in computer effects as well.

Movie feature

The comedy relies on a massive amount of CGI, animating everything from a Teddy Roosevelt bust to the Abe Lincoln Memorial.

"The daily challenge of being the director of this movie is keeping the balance right between comedy and CGI and understanding the comedy comes first every time."

CGI created other challenges as well. Since Stiller is not a fan of working opposite non-existent characters, scenes that involved conversations with computer-generated objects (like an Einstein bobble-head doll) became tricky. But Levy found a way around it.

"Every time Ben acted with a (computer-generated) character, I played the character," admitted Levy. "He likes reacting off something real so there's a lot of embarrassing off-screen acting done by me in the making of these movies."



Britney Spears' former bodyguard filed a lawsuit against the pop star. According to court documents, Kerry Vine claims he sustained physical injuries while working at her former home at the Summit in Beverly Hills in March 2008. USMAGAZINE.COM

Former bodyguard suing Britney

Celebrity Buzz

My good looks hold me back, Jessica says

PROBLEMS WE'D LIKE TO HAVE Jessica Biel blames her good looks for holding her back as an actress. "It really is a problem. I have to be blunt," she tells Allure magazine.

She says some casting directors don't bring her in because she is so pretty. "If you don't like the audition, then don't hire me. But if you don't even want to see me — that's hurtful," she says.

"Yes, The Illusionist has made a difference — but a huge, massive difference,

so I can pick and choose what I want? No."



METRO WORLD NEWS

T.I.'s time in jail may be cut short

TIME SERVED Rapper T.I. is set to turn himself over to authorities in Arkansas next week, but he may end up serving only a fraction of his scheduled year-and-a-day jail term.

T.I. will most likely only spend two months behind bars since he will be given credit for having already served 305 days on house arrest and community service. The rapper was convicted last year on federal weapons charges.



METRO WORLD NEWS

Ex-nanny dishes on Kate's mean streak

DON'T ASK FOR A REFERENCE The new issue of Us Weekly reports that Jon & Kate mom Kate Gosselin — known for being short with her husband, Jon Gosselin — is even more combative with her family and employees.

Baby nurse Angela Krall, who watched the sextuplets as infants for more than a year, tells Us that the short-fused Kate fired

40 nurses and nurse's aides in the three months before she was hired.

A 2005 news story reported that a pre-TV Gosselin had petitioned the state to extend payments for Krall, whose fees were first paid by Medicaid (Jon was unemployed; Medicaid provides limited assistance to premature babies).

While Gosselin praised Krall in the same story,

Krall reveals that the mother posted "demeaning" signs in every room detailing rules, and fired one woman on the spot for washing her hands in the kitchen instead of the bathroom. "Kate

flipped," says Krall. "She thought it was cross-contamination." That level of perfectionism also created friction with her father, Ken-

ton Kreider, a pastor, after he gave her cribs donated by his parishioners, the magazine adds. "They didn't match and Kate rejected them," says a family source. "Things like that caused a rift." Krall, who says all six babies ended up with matching cribs, tells Us that Gosselin "thought they were owed stuff. The money factor was huge."

METRO WORLD NEWS



Mom defends Mel's girlfriend

MOM'S DUTY Lyudmila Chernukha, a retired Russian music teacher whose daughter Oksana Grigorieva is dating Mel Gibson, denies Grigorieva broke up the actor's marriage, but remains mum on rumours the pair are expecting a child, people.com reports.

"I can't say



anything," Chernukha, speaking in Russian, told People exclusively from her home outside of Moscow. "Wait for the official statement from them."

Chernukha said Grigorieva — a singer signed to Gibson's record label — started seeing him well after the actor and his wife separated, which the mother says happened in 2006.

"He split up with his wife three years ago, so to suggest that she has broken up their marriage is rubbish," she says. "He was no longer with his wife so he was bound to meet some woman at some point, it just happened to be Oksana."

METRO NEWS SERVICES

SJP slams surrogate gossip

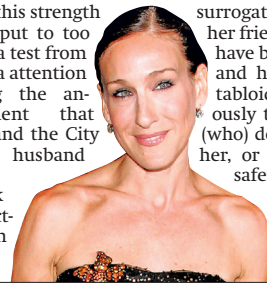
MOTHERHOOD Sarah Jessica Parker says the surrogate mom carrying the actress' twins is a strong woman who made "an incredibly generous and gracious choice," people.com reports.

But Parker now worries that this strength is being put to too much of a test from the media attention following the announcement that the Sex and the City star and husband Matthew Broderick are expecting twin girls.

"On a daily basis, on an hourly basis, I am greatly concerned for her health and safety and the safe delivery of our children," Parker, 44, told Access Hollywood in an interview airing Tuesday.

Parker alleges that the surrogate, along with her friends and family, have been threatened and harassed by the tabloid media. "Obviously there are those (who) don't care about her, or her health, or safety, or my children's health and safety."

METRO NEWS SERVICES



Amy back to her old ways?

NO CHANGE Amy Winehouse was rushed to hospital after partying with friends, femalefirst.co.uk reports. The troubled singer — who is currently staying in St. Lucia while she writes her third album — was reportedly taken to a medical facility by ambulance and received emergency medical treatment after a wild night of drinking on Friday.

Winehouse was discharged later that evening, but friends of the star believe her deteriorating health may jeopardize her

scheduled U.K. show at London's Shepherd's Bush Empire at the end of the month.

A source told Britain's The Sun newspaper: "Amy's concert might as well be cancelled now. She's not

going to make it. It's not worth her while even if she does make it, it will be a shambles. She is not ready for it."

METRO NEWS SERVICES



GETTY IMAGES

Justin and Drew house hunting?

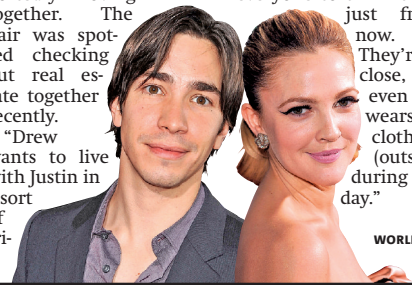
MOVING IN On-again, off-again couple Drew Barrymore and Justin Long appear to be back on — so much so that they're reportedly moving in together. The pair was spotted checking out real estate together recently.

"Drew wants to live with Justin in a sort of tri-

al marriage, so that's why she's looking for a new home," a source tells In Touch Weekly. "They are together, but they want everyone to think they're just friends now."

They're so close, Drew even wears his clothes (outside) during the day."

METRO WORLD NEWS



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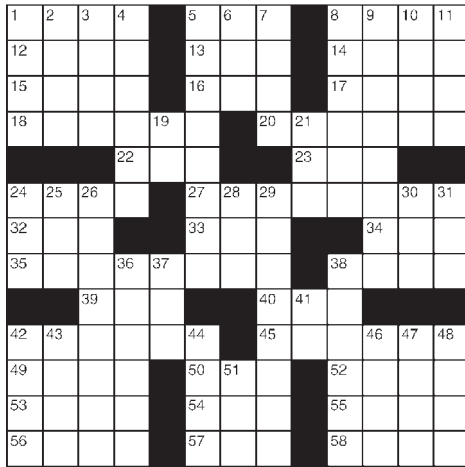
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Crossword across

- 1 Hammerhead part
- 5 Pina colada ingredient
- 8 Mosque bigwig
- 12 Dalai —
- 13 401(k) alternative
- 14 Unaltered
- 15 Elliptical
- 16 Showbiz job
- 17 Mothers and daughters
- 18 Mexico's national flower
- 20 Big lizard
- 22 Young newt
- 23 Apiece
- 24 Bit of banter
- 27 Marching along
- 32 Khan title
- 33 Actress Vardalos
- 34 Central point
- 35 Unsteady
- 38 Lettuce variety
- 39 Exist
- 40 Shock partner
- 42 Manor
- 45 At hand
- 49 Grand story
- 50 "— Blue?"
- 52 Home for hippos
- 53 Unrivaled
- 54 Skedaddled
- 55 Part of the loop
- 56 Use a wooden spoon
- 57 Architect I.M.
- 58 Early birds?

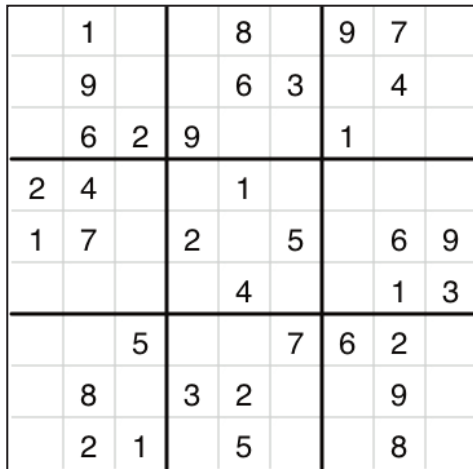
Crossword down

- 1 Nitwit
- 2 Stromboli spillage
- 3 Asian nursemaid
- 4 Billfold
- 5 Tubular pasta
- 6 Swiss canton
- 7 Creche trio
- 8 Dispenser
- 9 Hindu royal
- 10 Congregational call
- 11 Small plateau
- 19 Kipling poem
- 21 Univ. transcript no.
- 24 Mandible
- 25 "I" trouble?
- 26 Gabriela of tennis fame
- 28 Diarist Anais
- 29 "24 Caprices for Solo Violin" composer
- 30 Fix the soundtrack
- 31 Recede
- 36 Tonic
- 37 Allow
- 38 Cap with a propeller
- 41 Lindbergh book
- 42 Morays
- 43 Location
- 44 O.K. Corral hero
- 46 Phone call?
- 47 Online journal
- 48 Longings
- 51 West of Hollywood

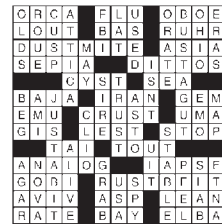
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	7	2	6	3	8	4	5	9
8	9	3	4	5	7	6	1	2
4	5	6	2	9	1	3	7	8
6	3	7	9	1	4	8	2	5
5	1	8	3	6	2	9	4	7
9	2	4	8	7	5	1	3	6
3	8	1	7	2	9	5	6	4
7	4	5	1	8	6	2	9	3
2	6	9	5	4	3	7	8	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Metro Recipe of the Day



Fish Steaks Teriyaki

INGREDIENTS:

- 4 fresh or frozen and thawed halibut steaks
- 1/4 cup (50 ml) water
- 1/4 cup (50 ml) low-sodium soy sauce
- 1/4 cup (50 ml) dry sherry or low-sodium chicken broth
- 1 tbsp (15 ml) sugar
- 2 tsp (10 ml) dry mustard
- 1 tsp (5 ml) ground ginger
- 3 cloves garlic, minced

METHOD:

1. Rinse fish and pat dry. For marinade: In jar with tight-fitting lid, combine water, soy sauce, dry sherry, sugar, mustard, ginger and garlic. Cover; shake well. Pour marinade into large heavy-duty plastic

bag. Add fish. Close bag. Refrigerate 2 to 3 hours, turning bag occasionally. 2. Preheat broiler. Drain fish, reserving marinade. Arrange fish on lightly greased rack of broiler pan. Brush fish with reserved marinade. Broil 5 in. (13 cm) from heat 5 minutes. Using wide spatula, carefully turn fish over. Brush with reserved marinade. Broil 5 to 7 minutes more or until fish flakes when tested with fork.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Today's Mercury-Uranus link will encourage you to be inventive but with Jupiter strong in your chart, you mustn't get carried away with your brilliance.

TAURUS
APRIL 21-MAY 21
If you stay calm and look for ways to turn unexpected events to your advantage you will do well today.

LIBRA
SEPT 23-OCT 23
Don't wait to be offered something that you can take for yourself. At this time of year you can be a bit more forceful in your dealings with others.

SCORPIO
OCT 24-NOV 22
Everything will work out for the best, even if a friend suggests that someone has turned against you. Does it matter? No it does not, so quit worrying.

GEMINI
MAY 22-JUNE 21
Today something will knock you out of your stride. But it will also open your mind to new possibilities, which could lead to a more interesting path.

SAGITTARIUS
NOV 23-DEC 21
You'll be in a rebellious mood in the next 24 hours. There's no reason you should follow rules, but there's also no reason others should play fair with you.

CANCER
JUNE 22-JULY 22
If you say or do something that betrays your negative feelings towards certain individuals, they will take it as a declaration of war — so be nice.

CAPRICORN
DEC 22-JAN 20
You may be a bit apprehensive at the moment but the planets indicate that if you go with the flow and trust your instincts, nothing bad will happen today.

LEO
JULY 23-AUG 23
Avoid making value judgments about family and friends today; you're likely to be wrong, and you'll encourage others to make judgments about you.

AQUARIUS
JAN 21-FEB 18
The Sun in Gemini at this time of year makes you even more adventurous than you normally are. Your can-do attitude will take you far.

VIRGO
AUG 24-SEPT 22
Someone in a position of power will make you an interesting offer but unless you're sure it's right one for you, it might be best not to commit yourself.

PISCES
FEB 19-MARCH 20
What you hear by way of gossip will intrigue you today, but with Mercury still moving retrograde you'd be wise to take it with a large pinch of salt.

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BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBT TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Inconsequential crying drop (1)
- Call up CNN talk show host Larry (1)
- Changes positions of presents (1)
- Manor head's Norway coast inlets (1)
- Greater-in-height barroom fighter (2)
- Biased Wild West lawman (2)
- Informers' trousers, informally (2)

SHOPIERU SHOLINS 2 YHSHVH VALLEIA 9 RELAYW REPTAL 9
SCHOPE SCHOPE 2 SCHOPE SCHOPE 2 SCHOPE SCHOPE 2 SCHOPE SCHOPE 2
SCHOPE SCHOPE 2 SCHOPE SCHOPE 2 SCHOPE SCHOPE 2 SCHOPE SCHOPE 2

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